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Dear Honorable judge.

First, I would like to apologize for sending you this letter. I am sorry for the inconvenience and thankful for your time in reading my letter. I have been in prison for almost two years now. These two years went by quickly yet felt very slow. During this period, I reflected on many things, and gained new insights and perspective. Memory of the past caused many mixed feelings and emotions in my heart.

Last July (Lunar calendar) I spent my 71st birthday in prison. It's been a long time since I've had a birthday without my family member. I felt so lonely and lost without them. I haven't been home for five years and I missed my family and friends very much. Being alone in a foreign country makes me feel miserable and sad. Thanks to the support and help of my fellow inmates,

I felt less afraid as I otherwise would have been as an old man who does not understand any English. I would like to express my sincere gratitude to my fellow inmates and officers and staff of the prison for their assistance and guidance.

I'm turning 72 this July. But I'm very worried. I worry because I don't know if I'll ever have the chance to spend another birthday with my family. Like most Chinese of my age, I was born into a war-torn and desperately poor rural family. My mother was only one who survived the war while the rest of her family were starved to death. She had nine children. But because of the war and the extreme poverty, she was able to raise only four of the children. I went to school at the age of seven. It was the first time I got to wear new clothes. After graduating from primary school at the age 13, I worked as a farmer in the countryside to support

my family... The destituteness and hardship motivated me to work hard. I vowed that when I grew up, I would strive to create a better life for my family. Due to years of perseverance and hard work, I developed many physical illnesses at a young age. I suffered from cardiovascular disease, hypertension, diabetes, and had 3 min-strokes including one that I experienced just before I reported to prison. After my youngest son died in a car accident at the age of 19, my health deteriorated to a point that I could barely walk, and or talk, lost almost all my hair. It took a long time for my health to improve.

Because of my age and various chronic diseases, such as hypertension; diabetes, heart disease, strokes and a family history of kidney disease, that I suffered from, I requested for a thorough physical examination before going to prison.

I want to thank your honor for allowing me to receive the timely treatment before going to prison. I visited the emergency room twice for chest pain before reporting to prison. According to the doctor's diagnosis, I had an abnormal heart function condition and stage III chronic kidney disease. Further examination revealed that my heart was not getting enough blood, and the doctor suspected that there might be a blockage. On the advice of my doctor, I underwent another coronary angiogram, which showed the 90% and 75% of the two arteries in the left side of my heart were blocked. Doctors immediately placed two stents in the blocked area to reduce the risk of a heart attack. Unfortunately, after the surgery, I was sent to the hospital again due to a minor stroke.

Since I went to prison, I have been trying to exercise within my physical ability, hoping to protect and maintain my health as much as possible.



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But perhaps because of the western-style diet which I am not used to, in addition to the chronic nature of my diseases, it is difficult to improve let alone to treat my illnesses by exercising alone. My health gradually worsened after I was imprisoned. My heart and kidney conditions continue to deteriorate. From time to time, I even had issues with incontinence, I have frequent pains in the left chest. My blood pressure is often between 150-200, and my fasting blood glucose level is between 150-200. My blood sugar level is out of control, even though I have stopped eating any sweets. The doctor has changed my medication prescription from 350 mg to 850 mg. I am taking twice the medication, but my blood sugar level is still between 150-200. The result is poor. I could also feel my kidney function is getting worse. The skin color of my face was often dark. My eyesight is blurry and my hearing is affected by tinnitus. The right side of my body often felt numb. I cannot

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move my hands and feet as well as before, I often had headaches and could only sleep for about 3-4 hours at night. A dull pain often persists in the liver and gallbladder area. I feel really sick.

I know that these physical symptoms are something that I have to overcome in prison. But now that the Covid 19 outbreak is so serious, I am living in a constant state of panic. Even though I have been told that my prison has no confirmed case yet, I'm still really scared. I'm afraid that if anyone in here gets infected, the outbreak will spread quickly in the facility. I know that this virus is highly contagious. I'm really scared, because I'm 72 years old and sick. If I am infected, I will likely not survive. I'm really afraid that I'll never see my family again. My family lives abroad, and if I get sick, I may not get to see them again. This thought frightens me and made me feel very sad. It kept me awake at night.

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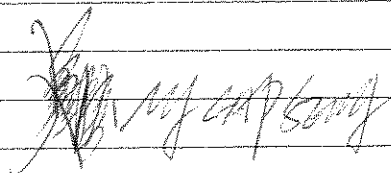
I couldn't sleep. Since the outbreak began, I've been living in fear, unable to eat, unable to sleep. I am really worried that I will never go home again, and that I will never see my family, my wife, my children, and my eight adorable grandchildren again. I hope your honor will consider my situation and help me an appropriate way. Thank you very much!

I have tried my best to have my letter translated into English correctly. Please forgive me if there are any errors in the translation.

Sincerely

Ng Lap Seng

June 1, 2020





尊敬的法官大人您好：

现在抱歉战这样冒昧给您写信，对不起，耽误您的时间，法官大人，不知不觉中，战在狱中已度过3快两年的时间，这两年的时间过得很快，也很漫长，在这段时间里，战反思许多事情，对很多事情也有新的感悟，回想起过去的种种，真是酸甜苦辣，百般之味在心头。

去年七月，战在农历生日日期，战在狱中度过3战71岁的生日，很久没有过一个没有任何家人在身边的生日，没有家人在身边，战感到十分孤独与失落，战已经有五年没有回家，战十分想念战的家人和朋友，一个人孤零零流落在异国他乡，战感到非常凄惨与难过，幸好有狱友的支持和帮助，因为他们对战的支持和帮助，使战这个语言不通，又水土不服，加之战年老多病痛，加之战的老人家感到没那么害怕，战衷心感谢其他狱友与监狱中的各级领导和狱警以及工作人员对战的帮助和指教指导。

今年7月战即将度过72岁的生日，但是，战却十分担心，战担心战这一辈子不知道还有没有机会再与家人再共庆生日。

与大多数和战同年龄的中国人一样，战出生在一个战乱动荡极度贫困农村家庭，因战乱动荡，家庭又极度贫苦，造成战妈妈生下九个孩子，只能养活战兄弟四个，家大口小，只读十年书，因战乱动荡，战妈妈一家全部饿死，留下妈妈一人能活在上，战七岁读书，推磨上第一套新衣服到学校上学读书，战自小就对大款在农村养鱼和田养鸡，战30岁下岗，因战自小最穷，战发誓长大后一定要努力奋斗，创造一番事业的决心壮志，战家中从未过上更好的日子，因战长年累月艰苦奋斗的打拼中，战战落下许多身体上的毛病，使



我以年轻时中老年就有心脑血管病,糖尿病,高血压,还经历过连美国判型役受3次微型中风,尤其是我小儿子一出车祸离世后,我一度行动困难,连走路说话都感到吃力,头发也几乎掉光,经过长时间的调理之后,身体情况才慢慢好转。

因为我的年纪和身体情况和各种毛病,包括有心脑血管病,糖尿病和家族遗传慢性肾病,高血压和3次微型中风等,我希望在入狱之前做一次详细的身体检查,感谢法官大人的批准,让我在入狱前能及时接受治疗。入狱前我曾因为胸口疼痛被一次送进急救室,根据医生的诊断,我的心脏功能异常,还患有第1期慢性肾病,进一步的检查显示我的心脏供血不足,医生怀疑有血管堵塞的可能性,在医生的建议下,我又进行了冠状动脉造影测试,结果显示我左边心脏两条动脉血管有90%和75%的堵塞,医生马上在堵塞的地方放置一个支架,以降低心肌梗塞的风险,遗憾的是在手术之后,我再次因为轻微中风被送进医院。

从我入狱以来,我一直坚持做力所能及的运动,并尽量保护和维持我的身体健康,但入狱中的西式饮食让我不可惯,加上我的身体老年病痛的问题都是一些长时间的慢性病,很难单纯靠锻炼身体来治疗,而且最大的因素饮食不可惯和种种原因,入狱后我的身体在心脏、肾脏明显出现问题,甚至大小便经常失禁的现状,心脏经常胸闷疼痛,血压经常在150-200不等,空腹血糖经常在150-200不等,我的血糖无法控制,尽管我已经不吃任何甜食,而且医生已把我原来的处方剂量350调整大对目前的850,原来每日一粒现已增至2-3粒的倍量,血糖都在150-200的效果更不理想,而且我能感觉到我的肾脏情况也在变坏,我的脸色经常暗黑色的,需要隔几天,眼睛慢慢看不清东西,听力也渐渐下降,加上半身麻木,耳鸣,眼底,头脑发障,手脚僵硬,每天晚只能

睡3-4个小时,经常失眠,有时肝胆又痛,真是百病缠身。

我也明白这些身体的问题,是我狱中必须要克服的,但现在新冠病毒疫情非常严重,虽然我听他们说,我所在的监狱暂时没有确诊病人的报告,但是,我每天生活在一片人心惶惶之中,我真的非常害怕,我担心一旦这里有人感染了新冠病毒,疫情会在监狱迅速蔓延,我知道这个病毒的传染力是非常厉害的,我真的是非常害怕,因为我这个72岁年老体弱的老人,没有糖尿病,心脑血管疾病,慢性病,高血压病和一次微型中风的病老人,肯定首当其冲,劫数难逃,如果感染上新冠病毒,我将再也见不到我的家人,因为我的家人都在国外,如果我得病了,他们可能连我的面都见不到,想到这,我就十分害怕,也十分难过,不会失眠,疫情病毒爆发以来,我一直都生活在惶恐之中,非常吃不好也睡不宁,我真的担心再也回不了家,再也没有机会见到我的家人,我的太太,我的儿女和我八个活泼可爱的孙儿,希望法官大人可以酌情考虑我的实际状况给予我的帮助,谢谢法官大人。

致!

礼

落款人: 姜浩明 JIM SHAW

30-5-2020